


2025
MAY

Lap Pool

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm</p>				<p>1 LAP SWIM 5:30AM-8:30-5:00PM SWIM TEAMS LANES 3-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>2 LAP SWIM 5:30AM-8:30-5:00PM SWIM TEAMS LANES 3-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>3 LAP SWIM 7:30AM-3:30PM</p>
<p>4 LAP SWIM 11:30AM-4:30PM</p>	<p>5 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>6 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>7 LAP SWIM 5:30AM-7:30PM</p>	<p>8 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>9 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>10 LAP SWIM 7:30AM-3:30PM</p>
<p>11 LAP SWIM 11:30AM-4:30PM</p>	<p>12 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>13 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>14 LAP SWIM 5:30AM-8:30PM</p>	<p>15 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>16 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>17 LAP SWIM 7:30AM-3:30PM</p>
<p>18 LAP SWIM 11:30AM-4:30PM</p>	<p>19 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>20 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>21 LAP SWIM 5:30AM-8:30PM</p>	<p>22 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>23 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM *LIFEGUARD TRAINING 5-8</p>	<p>24 LAP SWIM 7:30AM-3:30PM *LIFEGUARD TRAINING</p>
<p>25 LAP SWIM 11:30AM-4:30PM *LIFEGUARD TRAINING</p>	<p>26 YMCA CLOSED FOR MEMORIAL DAY</p>	<p>27 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>28 LAP SWIM 5:30AM-8:30PM</p>	<p>29 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>30 LAP SWIM 5:30AM-5:00PM SWIM TEAMS LANES 5-8 5:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	

*2 Lanes will always be open for lap swim

Warm Up Pool

2025
MAY



Pool and Sauna Hours
Monday-Friday 5:30am-7:30pm
Saturday- 7:30am -3:30pm
Sunday 11:30am -4:30pm
Day Swim Pass Open Swim 1:30pm-3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
				1 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	2 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	3 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM
4 OPEN SWIM 11:30AM-3:30PM	5 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM	6 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	7 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM	8 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	9 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	10 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM
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